

PARENTING TIPS

What is Sensory Play??

Sensory play is where children of all ages can experiment, explore and manipulate objects or mediums using their 5 senses. There is no specific way to experiment, explore or manipulate which ever material you offer. Sensory play focuses on the here and now. Open ended questions like, "what does it feel like" or "what does it smell like" or "look and listen" we can create teachable moments and help children expand on their senses, explore a variety of objects/experiences and use their imaginations.

Here are a few ideas to Get Started:

- . Play with sand, mud, water, dried beans/pasta. Provide a variety of containers, kitchen tools, and small toys for your child to explore with.
- . Build with blocks or empty cardboard boxes. Knock down your towers and talk about the loud noises.
- . When walking through your neighbourhood, let your child pick up leaves/sticks, to bring home and make a collage with or show a family member.

Benefits of Sensory Play

1. Research shows that sensory play builds nerve connections in the brain's pathways, which lead to the child's ability to complete more complex tasks.
2. Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills and social interaction.
3. This type of play aids in the developing and enhancing memory.
4. Sensory play is great for calming an anxious or frustrated child.
5. Sensory play help children learn sensory attributes (hot, sticky dry ect).



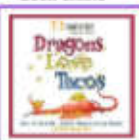
**garden theme
sensory play**



KITCHEN FUN



Book online



website: onelittleproject

DRAGON WRAPS

Did you know?
Adding a book and craft
adds more supportive
learning for your child.

- 1 wrap
- 2 tbsp of cream cheese
- slices of cucumber
- shredded carrots
- fresh spinach
- child's favorite meat

Family Quality Time In The Kitchen

Cooking is an easy way to spend extra time with your kids. To make cooking with your kids a positive and fun experience, keep these tips in mind.

- . Think safety first. Supervise your kids at all times.
- . Wash up. Teach your kids why, how and when to wash their hands thoroughly before getting started.
- . Keep it simple. Choose recipes that your children can help with.
- . Don't rush. Allow more time than you would need to make a recipe on your own.
- . Give your child a task. Children learn much more by doing than by watching so let them do as much as they can. If they seem to be struggling, ask if they want any help.
- . Keep a damp cloth handy. Help your children tidy up a mess rather than doing it all for them.
- . Don't expect your children to eat it. Your kids will be more interested in cooking if they know there is no pressure to try everything they make.

source: www.unlockfood.ca



BENEFITS OF ROLE PLAY & PLAY DOUGH

- Spatial awareness - experimenting with shape and space
- Creative Thinking and concentration skills
- Oral language development - practising and experimenting with new words
- Building up their fine motor skills and coordination
- Encourages imagination and creativity
- Self-expression
- Eye and hand coordination
- Problem solving
- Social interactions

Playdough

Ingredients:

- 1 cup of flour
- 1 cup of water
- 2 tsp of cream of tartar
- 1/3 cup of salt
- 1 tbsp of vegetable oil
- food coloring

Instructions:

Mix together all the ingredients, except food coloring, in a sauce pan. Cook over low heat till it becomes thick [glob]. Remove to floured counter and gently kneed it. Store in an air tight container.



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